

February 2007

Dear friends and neighbors,

Last month's windstorm in North Central Washington reminds us that a natural disaster or an emergency can strike at any time with little or no notice.

We live in some of the most beautiful country in the state of Washington. From the valleys along the Columbia, Wenatchee, Entiat, Okanogan and Methow rivers, our pristine Lake Chelan, Lake Wenatchee and the other waterways of our region, to the mountain peaks of Mission Ridge, Badger Mountain, and the Alpine Lakes Wilderness, nature is part of our everyday lifestyle in the 12th District. Although we enjoy the local beauty, our valleys are also susceptible to flooding, forest fires, earthquakes, and yes, even windstorms.

I am working in the Legislature to ensure that our state, local, city and county governments are prepared in case of a natural or man-made disaster. Most public officials have realized since 9-11 that nothing can be taken for granted. We must all be prepared. In fact, this issue has become so important that for the first time, an Emergency Preparedness Committee has been established this year in the House of Representatives.

Although local responders can be prepared, if a disaster strikes in your home or neighborhood, do you know what to do? Are you prepared?

Emergency management officials recommend that everyone have basic supplies on hand in case a disaster strikes. It's also important that you and your family have a disaster plan in place. That's why I'm providing this handy pamphlet with emergency planning information. Planning ahead now could save your life and the lives of your loved ones in the future.



State Representative  
**Mike Armstrong**  
12th Legislative District



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State Representative  
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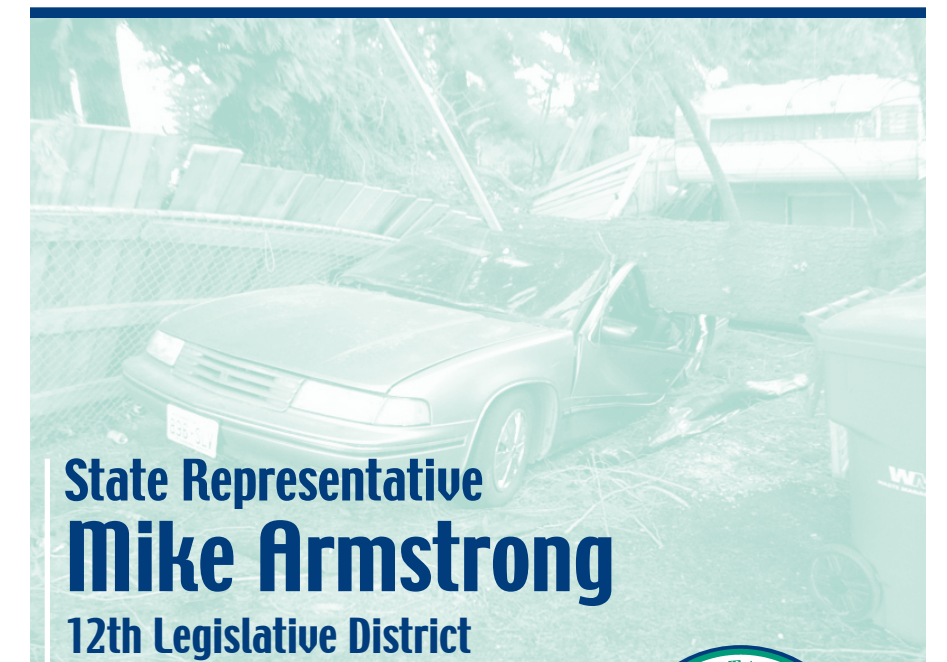
**Are You Prepared  
for an Emergency?**

**Inside:**

- ✓ Basic Disaster Kit Checklist
- ✓ Survival Kit for your Car
- ✓ Disaster Plan for your Family
- ✓ Other Planning Resources

**AN EMERGENCY COULD  
STRIKE AT ANY TIME!**

**ARE YOU PREPARED?**



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# Are You Prepared for an Emergency?

## Plan ahead now

Imagine that you have no electricity, no gas, no water and no telephone service. Imagine that all the businesses are closed and you are without any kind of emergency services. What will you do until help arrives? Here are some ways you can plan ahead now so should the unthinkable happen, you and your family will be ready.

### BASIC HOME DISASTER KIT

Below is a checklist of the most basic items you should have on hand in case of an emergency. Be sure to check your home disaster kit every six months to make sure all items are included.

#### General Supplies

Keep these in a backpack or portable plastic container

- |                                                                                                                                                                    |                                                                                                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> <b>Food:</b> Three-day supply. Make sure food is non-perishable, does not need to be cooked, refrigerated or require special preparation. | <input type="checkbox"/> <b>Water:</b> Have in storage one gallon of drinking/cooking water per person per day. A minimum of three days is recommended. |
| <input type="checkbox"/> Matches in a waterproof container                                                                                                         | <input type="checkbox"/> Personal hygiene items                                                                                                         |
| <input type="checkbox"/> Whistle                                                                                                                                   | <input type="checkbox"/> One complete change of clothes                                                                                                 |
| <input type="checkbox"/> Copies of ID and credit cards                                                                                                             | <input type="checkbox"/> Rain gear                                                                                                                      |
| <input type="checkbox"/> Cash and coins                                                                                                                            | <input type="checkbox"/> Important phone numbers                                                                                                        |
| <input type="checkbox"/> Prescription medication                                                                                                                   | <input type="checkbox"/> First aid kit with handbook                                                                                                    |
| <input type="checkbox"/> Heavy-duty plastic garbage bags                                                                                                           | <input type="checkbox"/> Toilet paper, moist towelettes                                                                                                 |
| <input type="checkbox"/> Eyeglasses and contact lens solution                                                                                                      | <input type="checkbox"/> Car keys and maps                                                                                                              |
| <input type="checkbox"/> IF YOU HAVE BABIES: Infant items, such as diapers and baby formula.                                                                       | <input type="checkbox"/> IF YOU HAVE PETS: Pet items, such as a carrier, leash, food, medications.                                                      |

#### Important Documents

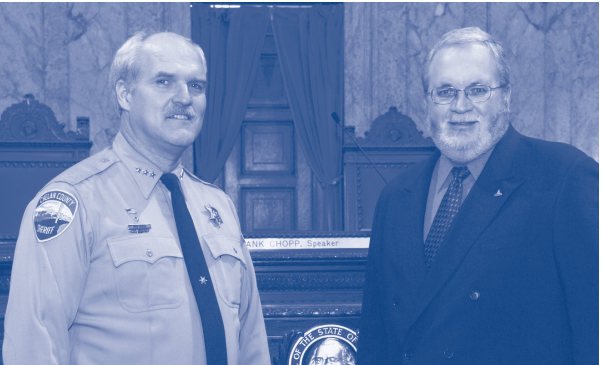
Store in a plastic zip-lock bag

- |                                                          |                                                               |
|----------------------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> Deeds and wills                 | <input type="checkbox"/> Bank information and account numbers |
| <input type="checkbox"/> Birth and marriage certificates | <input type="checkbox"/> Insurance policies                   |
| <input type="checkbox"/> Social security card            | <input type="checkbox"/> Drivers license (have available)     |

#### Bedding

Store in a plastic zip-lock bag

- |                                                  |                                                 |
|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Mylar blankets          | <input type="checkbox"/> Sleeping bags and pads |
| <input type="checkbox"/> Tent or waterproof tarp | <input type="checkbox"/> Pillows                |



**Rep. Mike Armstrong recently met with Chelan County Sheriff Mike Harum who came to Olympia to discuss public safety issues, including disaster planning.**

**TIP: Learn First Aid** - Take a course in basic first aid techniques. The investment of your time will be worth it. In addition, have medical supplies on hand, including necessary prescriptions.

#### Tools and Supplies

- |                                                           |                                                                     |
|-----------------------------------------------------------|---------------------------------------------------------------------|
| <input type="checkbox"/> Fire extinguisher                | <input type="checkbox"/> Cooking utensils                           |
| <input type="checkbox"/> Paper plates                     | <input type="checkbox"/> Plastic utensils                           |
| <input type="checkbox"/> Wrench for gas and water shutoff | <input type="checkbox"/> Battery-operated radio, extra batteries    |
| <input type="checkbox"/> Sledgehammer                     | <input type="checkbox"/> Flashlight, electric lantern, light sticks |
| <input type="checkbox"/> Crowbar                          | <input type="checkbox"/> Manual can opener                          |

#### Other gear

Store in a plastic zip-lock bag

- |                                              |                                                               |
|----------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> Work shoes or boots | <input type="checkbox"/> Hat, hard hat, work gloves and scarf |
| <input type="checkbox"/> Jacket or coat      | <input type="checkbox"/> Long pants                           |
| <input type="checkbox"/> Hand warmer packets | <input type="checkbox"/> Long-sleeved shirt                   |

#### Survival kit for your car

This kit is a smaller version of the one in your home, as it is unlikely you will take refuge in your vehicle for very long:

- |                                            |                                                                                    |
|--------------------------------------------|------------------------------------------------------------------------------------|
| <input type="checkbox"/> Change of clothes | <input type="checkbox"/> Tools                                                     |
| <input type="checkbox"/> Blankets          | <input type="checkbox"/> First aid kit                                             |
| <input type="checkbox"/> Maps              | <input type="checkbox"/> Copies of identification stored in a waterproof container |

In addition, always keep at least half a tank of gas in your car.

## YOUR DISASTER PLAN

Use this space to fill in information regarding your household disaster plan. Once you have completed this form, make copies and supply one to each member of your family.

### In the event of an emergency in our home, we will meet at:

Location close by your home: \_\_\_\_\_

In the event of an emergency and we are unable to return home, we will meet at:

Location: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

### Our family's emergency contact is:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime phone number: \_\_\_\_\_

Evening phone number: \_\_\_\_\_

E-mail: \_\_\_\_\_

### The Home Disaster Kit is located:

Location: \_\_\_\_\_

## Other planning resources

I'm very pleased to provide you with this pamphlet to help you begin planning for an emergency. Please use this as a starting place to begin your disaster preparation. If you have access to a computer, there are many great resources on the Internet that can take you to your next step of disaster planning.

**<http://www.emd.wa.gov>** or 1-800-562-6108: **Washington Military Department Emergency Management Division** is Washington's official Homeland Security Agency providing information about planning, preparedness and disaster alerts.

**<http://access.wa.gov/emergency/index.aspx>** - **Access Washington's Emergency Information and Resources** page provides planning tips for various disasters and emergencies.

**<http://www.redcross.org>** - **American Red Cross**. Click on "Get Prepared."

**<http://www.disasterhelp.gov>** - **U.S. Department of Homeland Security's Disaster Help**

**<http://www.ready.gov>** - More information from the **U.S. Department of Homeland Security** to help you become ready for an emergency.

**<http://www.fema.gov>** - **Federal Emergency Management Agency**

## Local web sites:

**<http://www.chelandem.org>** - Chelan County Department of Emergency Management

**<http://www.douglascountywa.net/departments/em>** - Douglas County Department of Emergency Management

## Rep. Mike Armstrong

For more information or to contact my office, visit my new website at:

<http://www.housepublicans.wa.gov/Armstrong>